

Sample Ranger School Physical Training Program

This program was designed to build a solid base of fitness prior to attending Ranger School. Any Soldier can start the 90, 60, or 30 day program prior to their class date and arrive at Ranger School and perform well above the standard. We recommend the 90 day program as it will build a better base of fitness prior to attending the course.

The specific goals of this program are for any Soldier to endure and excel in all Ranger course requirements: Ranger Physical Fitness Test, Combat Water Survival Assessment, obstacle courses, numerous runs, foot marching, and patrolling.

Below are some suggested readings and explanations of specific exercises. As you embark on your journey, remember that Ranger School is not for the weak or faint hearted. Train your mind with your body and come prepared to give 100% of yourself every day.

Recommended Readings

- FixingYourFeet:Prevention&TreatmentsforAthletes by John Vonhof
- FM 21-25, MapReading
- UsingMapandCompass by Don Geary. Stackpole Books, September 1995
- TheMission,themen,andme by Pete Blaber. The Berkley Publishing Group, December 2008

Exercise Descriptions

******Any exercise listed below, or exercises common to all, must be performed with correct form and full range of motion. Any effort otherwise is selling yourself short, not giving 100%, and not the Ranger standard.

1RM – One rep max. This is the most amount of weight you can move *correctly* through the prescribed motion for one repetition. Typically when finding your 1RM, you will progressively

add weight until you achieve max effort. A typical progression to your 1RM looks like 5 reps, 4 reps, 3, reps, 2 reps, 1 rep, 1 rep, 1 rep adding weight with each set.

DL – Deadlift.

SDHP – Sumo Deadlift High-pull. With a wide stance grasp a barbell with a close grip and take the bar from mid shin to under your chin--"shin to chin."

Wall Ball – Stand with your feet shoulder width apart facing a wall. Hold a 20 pound ball under your chin, squat to parallel and explode up to the standing position. As you reach the standing position push/throw the ball up to a 10' target. Catch the ball and repeat.

85% 3r, 90% 2r, 95% 1r – These are percentages of your 1RM. Based on your 1RM you will perform 3 reps at 85% of your 1RM, 2 reps at 90% of your 1RM, and 1 rep at 95% of your 1RM. Example:

If your 1RM for bench press is 225 lbs. your "85% 3r, 90% 2r, 95% 1r" would look like this:

3 x 190 lbs.

2 x 205 lbs.

1 x 215 lbs.

Sample Ranger School Physical Training Program

Tabata (any movement) - For twenty seconds do as many reps of the assigned exercise as you can - then rest 10 seconds. Repeat this seven more times for a total of 8 intervals, 4 minutes total exercise. The score is the least number of reps for any of the eight intervals.

Ball Slam – Stand with your feet slightly wider than shoulder width and hold a 20 pound ball overhead. Throw the ball as hard as you can to the floor in front of you, pick up the ball and repeat.

Thruster – Hold a barbell in the rack position (on the top of your shoulders) with your hands approximately shoulder width apart. Squat to parallel and explode up to the standing position. As you reach the standing position the bar should continue traveling to overhead. Lower the bar back to the rack position and repeat.

Depth Jump – Stand on a platform approx 18” high. Jump off the platform and when your feet hit the ground drop into a full squat, then jump out of the squat as high as you can.

Broad Jump – Start with your feet shoulder width apart. Drop into a quarter to half squat and jump forward off of both feet as far as you can. Another term for this exercise is a standing broad jump.

Get up – Holding the prescribed weight in one hand at shoulder level, lay flat on the ground. Then, stand, or “get up” to your feet. Lay back down on your back (weight at shoulder level the entire time) and repeat.

Floor Wiper – Using a barbell loaded with the prescribed weight, lie on your back and press the weight up as if you were bench pressing it. Keep your arms locked out, and lift your legs up together and touch the left plate. Lower your legs down to the floor then lift them back up to the right plate. Repeat.

Curtis P – At Prescribed Weight

1. Hang Squat Clean (HSC)
2. Lunge Forward Right leg
3. Lunge Forward Left leg
4. Push Press

GHD Sit-ups – Glute-hamstring Developer Sit-ups. On a GHD machine, lower yourself backwards as far as you can. Try to touch the floor, engage your abs and lift your arms to generate the power to lift yourself into the GHD sit-up.

KB figure 8 – Kettlebell figure 8. Hold a kettlebell at the prescribed weight in one hand. Pass the KB from hand to hand in between your legs in a figure 8 pattern.

HSPU – Hand Stand Push-ups. Use a wall or partner to assist in maintaining balance.

Medicine ball toss and run – With a 20 pound medicine ball, throw the ball as far as you can, chase after it and repeat.

Sample Ranger School Physical Training Program

Warm-ups – Conducting a warm-up is essential to injury prevention. In the program you will see one of the three warm ups listed prior to a workout. Perform the warm-up, stretch, and then conduct the workout.

Warm-up 1 3 Rounds 5 x Push-ups 10 x Sit-ups 15 x Squats	Warm-up 2 4 Rounds Run 400m 10 x Burpees	Warm-up 3 3 Rounds 6 x DL @ 95 lbs. 6 x Hang Clean @ 95 lbs. 6 x Front Squats @ 95 lbs. 6 x Push Press @ 95 lbs. 6 x Push-ups
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Nutrition

As you progress through this program you need to fuel your body. There are many websites devoted to athletic nutrition. We recommend you spend some time to research nutrition and its effects on the body for both output and recovery.

Additionally, there is a common misconception that students should arrive at Ranger school a little “fat” because they will lose a lot of weight. Here’s the bottom line, Ranger students lose weight – whether you come fat or in shape, you are going to lose weight. We recommend you save the fat gain for after graduation and come lean, fit, and ready to move your body weight

through a myriad of obstacles. Would you rather move an extra 15 pounds of fat through time and space and possibly fail to meet a time standard, or would you rather come at your appropriate body weight and crush the course? You decide.

The following workout plans are designed to get you in shape for Ranger School. Use the 30 day plan if you only have 30 days to train, the 60 day plan if you have 60 days, and the 90 day plan if you have more than 90 days before you report to Ranger School.

Sample Ranger School Physical Training Program

30 Day Ranger School Preparation Program Month 1 – Endurance / Taper

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Circuit & Endurance <90	2 Endurance >90	3 Progression	4 Interval	5 Endurance <90	6 Recovery	7 Rest
RPA 2:00 min push-ups (49 minimum) Rest 10 min 2:00 min sit-ups (59 minimum) Rest 10 min Then... Run 5 miles – 40 min or less Rest 10 min Then... Pull-ups (6 minimum)	Ruck 8 miles – 2 hrs or less 35 lbs. Ruck	For Time: 10x Pull up 20x KB Swing @ 53 lbs. 30x Box Jump @ 24" 40x Push up 50x Sit up 60x Burpees 10x Pull ups	Sprints: 4x 100m, rest 30 sec between sets 4x 200m, rest 1:00 min between sets 4x 400m, rest 1 min 30 sec between sets	Run 5 miles – 40 min or less / Uniform: ACUs, Boots, Camelbak	<u>Swim</u> for 30-60 minutes at very low heart rate (-65% @ MHR). Swim half of the time side stroke, and the other half freestyle	
8 Circuit & Endurance <90	9 Endurance >90	10 Interval	11 Accumulation	12 Endurance >90	13 Recovery	14 Rest
RPA 2:00 min push-ups (49 minimum) Rest 10 min 2:00 min sit-ups (59 minimum) Rest 10 min Then... Run 5 miles – 40 min or less Rest 10 min Then... Pull-ups (6 minimum)	Ruck 10 miles – 2 hrs 45 min or less 45 lbs. Ruck	Sprints: 6x 200m, rest 30 sec between sets 6x 400m, rest 1:00 min between sets 6x 100m, rest during walk back to start	1) 4 rounds 6x DL (at body weight) 6x Bench Press (at body weight) 2) 21-18-15-12-9-6-3 SDHP (45 lbs. bar) Wall Ball (20 lbs. ball) 3) 50x GHD Sit ups	Run 6 miles – 48 min or less	<u>Swim</u> for 30-60 minutes at very low heart rate (-65% @ MHR). Swim half of the time side stroke, and the other half freestyle	
15 Circuit & Endurance <90	16 Endurance >90	17 Progression	18 Interval	19 Endurance <90	20 Recovery	21 Rest
Non-standard RPA 2:00 min push-ups (59 minimum) Rest 8 min 2:00 min sit-ups (69 minimum) Rest 8 min Then... Run 5 miles – 40 min or less Rest 8 min Then... Pull-ups (8 minimum)	Ruck 12 miles – 3 hrs 15 min or less 55 lbs. Ruck	For Time: 10x Pull up 20x KB Swing @ 53 lbs. 30x Box Jump @ 24" 40x Push up 50x Sit up 60x Burpees 10x Pull ups	Sprints: 4x 100m, rest 30 sec between sets 4x 200m, rest 1:00 min between sets 4x 400m, rest 1 min 30 sec between sets	Run 5 miles – 40 min or less / Uniform: ACUs, Boots, Camelbak	<u>Swim</u> for 30-60 minutes at very low heart rate (-65% @ MHR). Swim half of the time side stroke, and the other half freestyle	
22 Circuit & Endurance <90	23 Recovery	24 Interval	25 Recovery	26 Endurance <90	27 Recovery	28 Rest
Non-standard RPA 2:00 min push-ups (59 minimum) Rest 8 min 2:00 min sit-ups (69 minimum) Rest 8 min Then... Run 5 miles – 40 min or less Rest 8 min Then... Pull-ups (8 minimum)	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	Sprints: 6x 200m, rest 30 sec between sets 6x 400m, rest 1:00 min between sets 6x 100m, rest during walk back to start	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	Run 3 miles – 22 min or less	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	

Sample Ranger School Physical Training Program

60 Day Ranger School Preparation Program Month 1 – Foundation / Endurance

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Circuit & Endurance <90	2 Strength	3 Power-Endurance	4 Progression	5 Endurance <90	6 Recovery	7 Rest
RPA 2:00 min push-ups (49 minimum) Rest 10 min 2:00 min sit-ups (59 minimum) Rest 10 min Then... Run 5 miles – 40 min or less Rest 10 min Then... Pull-ups (6 minimum)	Determine 1RM (1 rep max) in each of the following movements: Shoulder Press Bench Press Weighted Pull-up Front Squat Back Squat Deadlift	With a 45 lbs. bar: 5 x Lunge + 5 x Push-press for 400m While holding a 45 lbs. bar, 2 x 25 lbs. DB, or similar load, do 5 x lunges followed by 5 x push-press, continue doing this until you have traveled 400m	For Time: 10x Pull up 20x KB Swing @ 53 lbs. 30x Box Jump @ 24" 40x Push up 50x Sit up 60x Burpees 10x Pull ups	Run 5 miles – 40 min or less Then... 3 x 15' Rope Accents	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	
8 Interval	9 Endurance <90	10 Interval	11 Accumulation	12 Endurance >90	13 Recovery	14 Rest
Row 6 x 500m / 3 min active rest between sets. Attempt to keep all intervals equal to or faster than the first one.	Run 4 miles – 28 min or less	Swim 10 x 50 meters Alternate between freestyle and side stroke every lap	1) 4 rounds 6x DL (at body weight) 6x Bench Press (at body weight) 2) 21-18-15-12-9-6-3 SDHP (45 lbs. bar) Wall Ball (20 lbs. ball) 3) 50x GHD Sit ups	Ruck 8 miles – 2 hrs or less 35 lbs. Ruck	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	
15 Circuit & Endurance <90	16 Strength	17 Power-Endurance	18 Interval	19 Endurance <90	20 Recovery	21 Rest
RPA 2:00 min push-ups (49 minimum) Rest 10 min 2:00 min sit-ups (59 minimum) Rest 10 min Then... Run 5 miles – 40 min or less Rest 10 min Then... Pull-ups (6 minimum)	5 x sets of the following movements (30 total reps) @: 85% 3r, 90% 2r, 95% 1r Shoulder Press Bench Press Weighted Pull-up Front Squat Back Squat Deadlift	One min rest between movements, score is the sum of all reps 1. Tabata Squats (rest in bottom hold, thighs parallel to floor) 2. Tabata Push-ups (rest locked out at top, aka Forward leaning rest) 3. Tabata Ball Slam @ 20 lbs. ball (rest with ball overhead, both arms locked out) 4. Tabata Sit-up (rest with legs held straight 6-12" above floor, head off floor) 5. Tabata KB Swing @ 53 lbs. (rest without setting KB down or supporting it on your body)	Sprint 10 x 100m Run 100m as fast as possible then walk back to start point	Run 5 miles – 40 min or less Then... 3 x 15' Rope Accents	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	
22 Circuit & Endurance <90	23 Strength	24 Progression & Endurance <90	25 Progression	26 Endurance >90	27 Recovery	28 Rest
For time: 100x Push-ups 50x Pull-ups 100x Sit-ups 50x Pull-ups Then... Run 7 miles – 60 min or less	3 x sets of the following movements (18 total reps) @: 85% 3r, 90% 2r, 95% 1r Shoulder Press Bench Press Weighted Pull-up Front Squat Back Squat Deadlift	100x Thruster @ 45 lbs. Bar 100x Wall Ball @ 20 lbs. Ball 100x Ball Slam @ 20 lbs. Ball Then... Run 3 miles – 22 min or less / Uniform: ACUs, Boots, Camelbak	30x Push-up Swim 25m 30x Sit-up Swim 50m 40x Push-up Swim 75m 40x Sit-up Swim 100m 50x Push-up Swim 125m 50x Sit-up Swim 150m	Ruck 10 miles – 2 hrs 30 min or less 40 lbs. Ruck	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	

Sample Ranger School Physical Training Program

60 Day Ranger School Preparation Program Month 2 – Endurance / Taper

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Circuit & Endurance <90 Non-standard RPA 2:00 min push-ups (59 minimum) Rest 8 min 2:00 min sit-ups (69 minimum) Rest 8 min Then... Run 5 miles – 40 min or less Rest 8 min Then... Pull-ups (8 minimum)	2 Power 5 rounds 3x DL @ 90-95% 1RM 6x Depth Jump & Broad Jump combo (5 min rest between sets)	3 Endurance >90 Ruck 12 miles – 3 hrs or less 45 lbs. Ruck	4 Recovery Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	5 Strength & Endurance <90 3 x sets of the following movements (18 total reps) @: 85% 3r, 90% 2r, 95% 1r Shoulder Press Bench Press Weighted Pull-up Front Squat Back Squat Deadlift Then... Run 3 miles – 22 min or less / Uniform: ACUs, Boots, Camelbak	6 Recovery Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	7 Rest
8 Circuit & Endurance <90 Max effort: 2:00 min push-ups, rest 1 min 1:30 min push-ups, rest 45 sec 1:00 min push-ups, rest 30 sec 0:30 sec push-ups, rest 1 min 2:00 min sit-ups, rest 1 min 1:30 min sit-ups, rest 45 sec 1:00 min sit-ups, rest 30 sec 0:30 sec sit-ups, rest 1 min Then... Run 4 miles – 28 min or less	9 Power 5 rounds 3x weighted pull up @ 90-95% 1RM 3-6x Clapping pull-up (5 min rest between sets)	10 Endurance >90 Ruck 14 miles – 4 hrs or less 50 lbs. Ruck	11 Recovery Swim for 30-60 minutes at very low heart rate (-65% @ MHR). Swim half of the time side stroke, and the other half freestyle	12 Progression & Endurance <90 Row 500m 50x Box Jump @ 24" 50x Push up 50x Sit up 50x Jumping Pull up 50x Back Extension 50x Ring Dip 20x Get up @ 26 lbs. KB Then... Run 2 miles – 14 min or less / Uniform: ACUs, Boots, Camelbak	13 Recovery Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	14 Rest
15 Circuit & Endurance <90 Non-standard RPA 2:00 min push-ups (59 minimum) Rest 8 min 2:00 min sit-ups (69 minimum) Rest 8 min Then... Run 5 miles – 40 min or less Rest 8 min Then... Pull-ups (8 minimum)	16 Strength 3 x sets of the following movements (18 total reps) @: 85% 3r, 90% 2r, 95% 1r Shoulder Press Bench Press Weighted Pull-up Front Squat Back Squat Deadlift	17 Rest	18 Progression 30x HSPU 40x Pull-up 50x KB Swing @ 53 lbs. 60x sit up 70x Burpees	19 Endurance >90 Ruck 10 miles – 2 hrs 45 min or less 55 lbs. Ruck	20 Recovery Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	21 Rest
22 Circuit & Endurance <90 As many rounds in 20 min 5x Pull ups 10x Push ups 15x Squats Then... Run 3 miles – 22 min or less	23 Recovery Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	24 Interval Sprint: 4x 100m, rest 30 sec between sets 4x 200m, rest 1:00 min between sets 4x 400m, rest 1 min 30 sec between sets	25 Recovery Swim for 30-60 minutes at very low heart rate (-65% @ MHR). Swim half of the time side stroke, and the other half freestyle	26 Endurance <90 Run 3 miles – 22 min or less Then... 3 x 15' Rope Accents	27 Recovery Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	28 Rest

Sample Ranger School Physical Training Program

90 Day Ranger School Preparation Program Month 1 – Foundation

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Circuit & Endurance <90	2 Strength	3 Power-Endurance	4 Progression	5 Endurance <90	6 Recovery	7 Rest
RPA (Warm-up 1) 2:00 min push-ups (49 minimum) Rest 10 min 2:00 min sit-ups (59 minimum) Rest 10 min Then... Run 5 miles – 40 min or less Rest 10 min Then... Pull-ups (6 minimum)	(Warm-up 3) Determine 1RM (1 rep max) in each of the following movements: Shoulder Press Bench Press Weighted Pull-up Front Squat Back Squat Deadlift	(Warm-up 2) With a 45 lbs. bar: 5 x Lunge + 5 x Push-press for 400m While holding a 45 lbs. bar, 2 x 25 lbs. DB, or similar load, do 5 x lunges followed by 5 x push-press, continue doing this until you have traveled 400m	(Warm-up 1) For Time: 10x Pull up 20x KB Swing @ 53 lbs. 30x Box Jump @ 24" 40x Push up 50x Sit up 60x Burpees 10x Pull ups	(Warm-up 1) Run 5 miles – 40 min or less	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	
8 Interval	9 Endurance <90	10 Interval	11 Accumulation	12 Endurance >90	13 Recovery	14 Rest
(Warm-up 2) Row 6 x 500m / 3 min active rest between sets. Attempt to keep all intervals equal to or faster than the first one.	(Warm-up 1) Run 4 miles – 28 min or less Then... 3 x 15' Rope Accents	(Warm-up 1) Swim 10 x 50 meters Alternate between freestyle and side stroke every lap	(Warm-up 3) 1) 4 rounds 6x DL (at body weight) 6x Bench Press (at body weight) 2) 21-18-15-12-9-6-3 SDHP (45 lbs. bar) Wall Ball (20 lbs. ball) 3) 50x GHD Sit ups	(Warm-up 1) Ruck 8 miles – 2 hrs or less 35 lbs. Ruck	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	
15 Circuit & Endurance <90	16 Strength	17 Power-Endurance	18 Interval	19 Endurance <90	20 Recovery	21 Rest
(Warm-up 1) 5 Rounds Row 500m Max reps bench press @ 135 lbs. Then... Run 6 miles – 50 min or less	(Warm-up 3) 5 x sets of the following movements (30 total reps) @: 85% 3r, 90% 2r, 95% 1r Shoulder Press Weighted Pull-up Front Squat Back Squat Deadlift	One min rest between movements, score is the sum of all reps (Warm-up 1) 1. Tabata Squats (rest in bottom hold, thighs parallel to floor) 2. Tabata Push-ups (rest locked out at top, aka Forward leaning rest) 3. Tabata Ball Slam @ 20 lbs. ball (rest with ball overhead, both arms locked out) 4. Tabata Sit-up (rest with legs held straight 6-12" above floor, head off floor) 5. Tabata KB Swing @ 53 lbs. (rest without setting KB down or supporting it on your body)	(Warm-up 2) Sprint 10 x 100m Run 100m as fast as possible then walk back to start point	(Warm-up 1) Run 5 miles – 40 min or less Then... 3 x 15' Rope Accents	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	
22 Circuit & Endurance <90	23 Strength	24 Progression & Endurance <90	25 Progression	26 Endurance >90	27 Recovery	28 Rest
(Warm-up 3) 30 reps for time: Clean and Jerk @ 135 lbs. Then... Run 7 miles – 60 min or less	(Warm-up 3) 3 x sets of the following movements (18 total reps) @: 85% 3r, 90% 2r, 95% 1r Shoulder Press Bench Press Weighted Pull-up Front Squat Back Squat Deadlift	(Warm-up 1) 100x Thruster @ 45 lbs. Bar 100x Wall Ball @ 20 lbs. Ball 100x Ball Slam @ 20 lbs. Ball Then... Run 3 miles – 22 min or less	30x Push-up (Warm-up 1) Swim 25m 30x Sit-up Swim 50m 40x Push-up Swim 75m 40x Sit-up Swim 100m 50x Push-up Swim 125m 50x Sit-up Swim 150m	(Warm-up 1) Ruck 10 miles – 2 hrs 30 min or less 40 lbs. Ruck	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	

Sample Ranger School Physical Training Program

90 Day Ranger School Preparation Program Month 2 – Endurance

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Circuit & Endurance <90	2 Power	3 Endurance >90	4 Recovery	5 Strength & Endurance <90	6 Recovery	7 Rest
(Warm-up 1) Non-standard RPA 2:00 min push-ups (59 minimum) Rest 8 min 2:00 min sit-ups (69 minimum) Rest 8 min Then... Run 5 miles – 40 min or less Rest 8 min Then... Pull-ups (8 minimum)	(Warm-up 3) 5 rounds 3x DL @ 90-95% 1RM 6x Depth Jump & Broad Jump combo (5 min rest between sets)	(Warm-up 1) Ruck 12 miles – 3 hrs or less 45 lbs. Ruck	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	3 x sets of the following movements (18 total reps) @: 85% 3r, 90% 2r, 95% 1r (Warm-up 3) Shoulder Press Bench Press Weighted Pull-up Front Squat Back Squat Deadlift Then... Run 3 miles – 22 min or less	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	
8 Circuit & Endurance <90	9 Power	10 Endurance >90	11 Recovery	12 Progression & Endurance <90	13 Recovery	14 Rest
Max effort: (Warm-up 1) 2:00 min push-ups, rest 1 min 1:30 min push-ups, rest 45 sec 1:00 min push-ups, rest 30 sec 0:30 sec push-ups, rest 1 min 2:00 min sit-ups, rest 1 min 1:30 min sit-ups, rest 45 sec 1:00 min sit-ups, rest 30 sec 0:30 sec sit-ups, rest 1 min Then... Run 4 miles – 28 min or less	(Warm-up 3) 5 rounds 3x weighted pull up @ 90-95% 1RM 3-6x Clapping pull-up (5 min rest between sets)	(Warm-up 1) Ruck 14 miles – 4 hrs or less 50 lbs. Ruck	<u>Swim</u> for 30-60 minutes at very low heart rate (-65% @ MHR). Swim half of the time side stroke, and the other half freestyle	(Warm-up 1) Row 500m 50x Box Jump @ 24" 50x Push up 50x Sit up 50x Jumping Pull up 50x Back Extension 50x Ring Dip 20x Get up @ 26 lbs. KB Then... Run 2 miles – 14 min or less / Uniform: ACUs, Boots, Camelbak	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	
15 Circuit & Endurance <90	16 Power	17 Endurance >90	18 Recovery	19 Endurance <90	20 Recovery	21 Rest
(Warm-up 3) 5 Rounds 10 x bench press @ body weight 20 x weighted sit-ups @ 25% body weight 10 x towel pull-ups Then... Run 3 miles – 22 min or less	(Warm-up 3) 3 x sets of the following movements (18 total reps) @: 85% 3r, 90% 2r, 95% 1r Clean Push Press Jerk Clean & Jerk	(Warm-up 1) Ruck 16 miles – 4 hrs 40 min or less 55 lbs. Ruck	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	(Warm-up 1) Run 5 miles – 40 min or less Then... 3 x 15' Rope Accents	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	
22 Circuit & Endurance <90	23 Power	24 Endurance >90	25 Recovery	26 Strength & Endurance <90	27 Recovery	28 Rest
(Warm-up 1) As many rounds as possible in 20 min of: 5x Pull ups 10x Push ups 15x Sit-ups Then... Run 6 miles – 50 min or less	(Warm-up 2) 8 Rounds: Row 500m – less then 1:30 min Run 400m – less then 1:30 min	(Warm-up 1) Ruck 15 miles – 4 hrs 30 min or less 55 lbs. Ruck	<u>Swim</u> for 30-60 minutes at very low heart rate (-65% @ MHR). Swim half of the time side stroke, and the other half freestyle	3 x sets of the following movements (18 total reps) @: 85% 3r, 90% 2r, 95% 1r (Warm-up 3) Shoulder Press Bench Press Weighted Pull-up Then... Run 3 miles – 22 min or less / Uniform: ACUs, Boots, Camelbak	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	

Sample Ranger School Physical Training Program

90 Day Ranger School Preparation Program

Month 3 – Taper

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Circuit & Endurance <90 (Warm-up 1) Non-standard RPA 2:00 min push-ups (69 minimum) Rest 5 min 2:00 min sit-ups (79 minimum) Rest 5 min Then... Run 5 miles – 40 min or less Rest 5 min Then... Pull-ups (12 minimum)	2 Power (Warm-up 3) 5 rounds 3x DL @ 90-95% 1RM 6x Depth Jump & Broad Jump combo (5 min rest between sets)	3 Endurance >90 (Warm-up 1) Ruck 14 miles – 4 hrs 15 min or less 55 lbs. Ruck	4 Recovery Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (~65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	5 Progression & Endurance <90 (Warm-up 1) 25x Pull up 50x DL @ 135 lbs. 50x Push up 50x Box Jump @ 24" Box 50x Floor Wiper @ 135 lbs. (one-count) 50x KB Clean and Press @ 35 lbs. (KB must touch floor between reps) 25x Pull up Then... Run 3 miles – 22 min or less / Uniform: ACUs, Boots, Camelbak	6 Recovery Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (~65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	7 Rest
8 Circuit & Endurance <90 (Warm-up 1) Each min, on the min for 30 min 5x Pull ups 10x Push ups 15x Squats Then... Run 4 miles – 28 min or less	9 Strength (Warm-up 3) 5 rounds 3x DL 3x Bench Press Then... 15-10-5 Curtis P's @ 95 lbs. GHD Sit ups Ring Dips Back Extensions Pull ups	10 Recovery <u>Swim</u> for 30-60 minutes at very low heart rate (~65% @ MHR). Swim half of the time side stroke, and the other half freestyle	11 Accumulation 3 Rounds (12 min total) @ 53 lbs. KB KB Round the World (around the waist) KB figure 8 KB Snatch KB Step Up @ 10" box One minute of each (Warm-up 3) Then... 4 Rounds 10x DL @ 105 lbs. (or more) 30 sec Dead Hang from pull up bar or rings	12 Endurance >90 (Warm-up 1) Ruck 12 miles – 3 hrs 15 min or less 55 lbs. Ruck	13 Recovery Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (~65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	14 Rest
15 Circuit & Endurance <90 (Warm-up 1) As many rounds in 20 min 5x Pull ups 10x Push ups 15x Squats Then... Run 3 miles – 22 min or less	16 Strength 3 x sets of the following movements (18 total reps) @: 85% 3r, 90% 2r, 95% 1r (Warm-up 3) Shoulder Press Bench Press Weighted Pull-up Front Squat Back Squat Deadlift	17 Rest	18 Progression (Warm-up 1) 30x HSPU 40x Pull-up 50x KB Swing @ 53 lbs. 60x sit up 70x Burpees	19 Endurance >90 (Warm-up 1) Ruck 10 miles – 2 hrs 45 min or less 55 lbs. Ruck	20 Recovery Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (~65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	21 Rest
22 Circuit 20-15-10-5 Bench Press Dips Pull ups Box Jumps (Warm-up 1) Then... 10 rounds 5x Medicine Ball Toss and Run 10x Push ups 15x Swings	23 Recovery Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (~65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	24 Interval (Warm-up 2) Sprint: 4x 100m, rest 30 sec between sets 4x 200m, rest 1:00 min between sets 4x 400m, rest 1 min 30 sec between sets	25 Recovery <u>Swim</u> for 30-60 minutes at very low heart rate (~65% @ MHR). Swim half of the time side stroke, and the other half freestyle	26 Endurance <90 (Warm-up 1) Run 3 miles – 22 min or less	27 Recovery Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (~65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	28 Rest